



## Treatment of Hyperhidrosis

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Many people are suffering from a common problem named Hyperhidrosis. When our sweat glands become over active hyperhidrosis occurs. These sweat glands are active at normal people only in some special cases, like anxious situations or strenuous physical activities. People suffering from this disease sweat excessively even when they do easy exercises. The good news is that we're in 2009 and these days we can find multiple treatment alternatives.

Lots of people prefer to use natural remedies, but classical medicine also has his own remedies. The problem is that not all of these remedies are long term solutions.

What helps a lot is a proper hygiene and clothing. Showering as frequently as possible gives a fresh tonus to the body and removes the bacteria that cause a bad smell.

Loose clothing is a very good option when considering the circulation of fresh air.